



JOIN US FOR A NIGHT OF FITNESS AND CREATIVITY ON 12/06/17

Get Fit & Have Fun!

Pure Barre Grosse Pointe is excited to offer a free class at *The Wool & The Floss!* This special class will be taught by Rebecca VanBrienen, with studio owner Sarah Glassberg there to help answer any questions about the classes and technique. Pure Barre is the fastest, most effective, yet safest way to change your body. In less than an hour you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. The Pure Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. A transformed body and a clear head in under an hour—it doesn't get much better than this.

Space is limited please register at purebarre.com/mi-grossepointe or call The Wool & The Floss at 313-882-9110

Those new to Pure Barre who attend the event & present this flyer by January 6th receive 2 Weeks Free!



Knitting and needlepoint is much more than a hobby. It has been shown to relieve the stress and anxiety we all experience in our daily lives as well as helping to maintain a sharp mind. It provides a wonderful supportive community and we would love you to be included.

New Customers to the **The Wool & The Floss** receive 10% off merchandise during the event plus 1 Free Class at a future date. Must present flyer.

GET FIT & CREATIVE

2 WEEKS FREE AT
PURE BARRE GP

SHOP 6-9 PM

PURE BARRE CLASS
AT 7PM

FEATURING J HOUSE
JUICE

THE WOOL & THE FLOSS

397 Fisher Rd
Grosse Pointe, MI 48230

www.thewoolandthefloss.net

Wednesday, December 6th

313-882-9110